

Lansing Area

Colorectal Cancer Awareness Information Session Monday, March 5th 7 - 8:30 p.m.

presented by Barbara Conley, M.D.
New Dawe Auditorium
2720 S. Washington Ave.
FREE. Preregistration necessary

Peripheral Vascular Disease Screening Friday, March 16th 7 a.m - 12:00 p.m.

Great Lakes Vascular Institute
Ingham Medical Center Greenlawn Campus
Preregistration required
\$60 fee

FREE Colorectal Cancer Screening March thru April 2007 Have a free testing kit sent to your home.

**Mail the kit back by April 30th
for a free analysis.**

Eligibility Criteria:

- Over age 50
- Over age 40 with higher risk due to:
 - Family history of colorectal cancer
 - Prior diagnosis of endometrial, ovarian or breast cancer
 - Personal or family history of polyps, ulcerative colitis, familial polyposis or inflammatory bowel disease
- Adults with no personal history of colorectal cancer

Healthwise University On-going or Periodic Community Health Education

Asthma Education	517 367-5177
Diabetes Education	517 374-4911
Heart Failure Support Group	517 367-5555
Int. Cardiac Defib. Support	517 483-7554
Smoking Cessation	517367-5177
Weight Management	517 377-8633
	517 377-8699
Worksite Wellness	517 334-2650

WomenHeart
www.womenheart.org

Ingham Regional Medical Center
www.irmc.org



Lansing Area

Community Partners in Health

2007 Winter Warm-Up!

10-Week Walking Program

Saturday, January 13, 2007

through March 17, 2007

9:00 to 10:00 am at the Lansing Mall

Questions can be directed to Alicia Armstrong
at Playmakers, 349-0887, alicia@playmakers.com
or Karen Smith @ 367-5439

SEE Next Page for schedule

To register, go to
www.cphlansing.com/

As You Are Yoga studio 111 East Allegan Street

downtown Lansing

As You Are Yoga studio offers yoga classes (for beginners and beyond), workshops, teacher's training programs and belly dance classes. We have classes of all intensities: gentle, moderate and high. Yoga and Belly dance build strength, stamina, flexibility and balance - and can be somewhat aerobic (depending on the class).

www.asyouareyoga.com

Pacers Walking Club

Lansing Mall

Monday through Sunday, doors open at 7am

For information on club benefits, stop by the Pacers Information Station located near the Mall Administration Office just off the Food Court or call 517.364.8146. Pacers is sponsored by Sparrow Health System, the Lansing Mall and Delta Township. FREE

Walkabout Club

Meridian Mall

Monday through Saturday doors open at 7am
(8am on Sunday's).

Stop by the Customer Service desk to register.

The Walkabout Club is sponsored by Sparrow Health System, the Meridian Mall, MSU Evening College and the Arthritis Foundation. FREE



Sparrow

Stress Management Series

Mondays & Tuesdays

St. Lawrence Campus

Check calendar for times

<http://www.sparrow.org/commhealth/commhealth-calendar/upcoming.asp>

Healthy Heart Exam

Every Tuesday

\$39/person

www.sparrow.org

Blood Pressure Screening

Every Weds 8am - 9:30am

Lansing Mall Food Court

1st & 3rd Weds of monthly 8am - 9:30am

Meridian Mall Food Court

Sparrow Diabetes Center

Diabetes Education Outpatient Classes

Sparrow Professional Building,

Suite 340, 1200 E. Michigan Ave., Lansing.

For more info on classes & cost, call 517.364.5955.

Sparrow Community Health Education and Fitness Programs

March 2007 Calendar

2007 Winter Warm Up Calendar of Events

Jan. 13, 2007, 9:00 am - 11:00 am: Winter Warm-Up Kick Off with Mayor. "Know Your Numbers" - Sparrow Health System

Jan. 20, 2007, 9:00 am - 10:00 am: "Footwear & Apparel Clinic" - Playmakers

Jan. 27, 2007, 9:00 am - 10:00 am: "Foods for Life" - Ingham Regional Medical Center

Feb. 3, 2007, 9:00 am - 10:00 am: "Heart-Healthy Living" - American Heart Association

Feb. 10, 2007, 9:00 am - 10:00 am: "Healthy Kids" - Blue Cross Blue Shield of Michigan and Blue Care Network of Michigan

Feb. 17, 2007, 9:00 am - 10:00 am: "Bones, Joints, and Ligaments" - YMCA of Lansing

Feb. 24, 2007, 9:00 am - 10:00 am: "All About Diabetes"- American Diabetes Association

March 3, 2007, 9:00am - 10:00 am:

"Your Medications and You"- MSU Health4U Program

- Blood Pressure Check by Lansing Community College Student Nurses
- Virtual Walk- East Lansing Parks and Recreation

March 10, 2007, 9:00 am - 10:00 am:

"Ways to Keep Moving" - Capital Area District Library

and UAW Local 602 GM Lansing Delta Township

- Blood Pressure Check by Lansing Community College Student Nurses
- Virtual Walk - Ingham County Parks

March 17, 2007, 9:00 am - 11:00 am:

Winter Warm-Up Celebration and Prize Drawings with Mayor Bernero

- Blood Pressure Check by Lansing Community College Student Nurses
- Virtual Walk - Michigan Trails and Greenways Alliance

3 Grand Prizes

(Participants must sign-in for 8 of the 10 Saturday walks between Jan. 13 & March 17, 2007 to be eligible for grand prizes):

\$250 Lansing Mall Gift Basket, 3 month MAC Membership,

3 month YMCA membership.

Many other prizes will be awarded.

All of the above events will be in the Center Court at the Lansing Mall

www.cphlansing.com/

Lansing Area continued

Court One Athletic Club Programs

Healthwise University Community Education by Ingham Med Center

Women's Wellness Retreat

March 3, 2007

7:30 am - 4:30 pm

MSU Union

Kelly King - (517)332-8657 ext19

Cost: Jan. 16-Feb. 23: \$65 for YMCA members
\$85 for non-members

The retreat will offer:

- Bone density, stroke, eye, sleep and fitness screenings and education
- Free massage and manicures
- Breakfast and lunch
- Fashion show, raffle, shopping at exhibitor booths
- Breakout sessions on nutrition, skin and hair care and more

Come dressed comfortably and ready to workout. The Women's Wellness Retreat is an annual fundraiser, with proceeds used to help less fortunate women in the community access programs that build a healthy mind, body and spirit. A portion of your entry fee is tax-deductible. Parking is free at parking meters and MSU parking lots.

Sponsors include Healthwise University, Ameriprise Financial and Aldinger, Inc., which donated paper and printing for brochures and program handouts

Healthwise University Community Education Calendar

Community Screenings and Educational Programs include: Peripheral Vascular Screening for High Risk Adults Prostate Cancer Screening

www.irmc.org
1 877 224 4325
334-2877

Email: healthwise@irmc.org

Lansing Community College Arthritis Aquatics

Arthritis Aquatics is a class that will give the student exercises for range of motion in a comfortable 90° pool.
tri-fold brochure

Other fitness courses offered:

- Cardiac Rehabilitation
- Adult Lifestyle Exercise
- Fit for Life Exercise

Call (517) 483- 1227 for more details

LCC Physical Fitness/Aquatics
course description



Delta Waverly Aquatics Waverly East Intermediate School Pool 3131 W. Michigan Avenue Lansing, Michigan

Pool temp is warm to accommodate those with arthritis. Shower rooms and lockers are available.

<http://www.deltami.gov/parks/Aquatics/index.htm>

Lansing Parks & Recreation Activity Guide

City of Lansing
Upcoming Events

<http://parks.cityoflansingmi.com/calevents.asp>

Healthwise University Weight Management/Diabetes Center Diabetic Education Center just off lobby of the Pennsylvania Campus

Living With Diabetes

2nd Tues each month - 8:30am - 5pm
1st Tues, Weds, Thurs each month - 9am - 12noon
3rd Tues, Weds, Thurs each month - 6pm - 9pm
registration: 1 877-224-4325 or (517) 374-4911

<http://www.irmc.org/body.cfm?id=668>